



107 (Aberdeen) Sqn

# Ghana Expedition 2008

Sun 6 July – Mon 21 July 2008

[presentation to parents 20 Feb 08 – ABBREVIATED FOR SQN WEBSITE]

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# Ghana Expedition 2008



Location:	Ghana, West Africa
Date:	Sun 6 Jul – Mon 21 Jul 2008
Total People:	20
Cadets (<18):	14
Staff & Cdts >18:	6
Min Cadet Age:	15 years
UK-Support Staff:	1 – 2



# Aims



- To interact with the indigenous community and assist them to make a difference to their everyday life. The project aims will be realistic and achievable.
- To engage a local youth or cadet organisation. We will seek to make contact with the NCCG and include within some of our in-country plans.
- To experience the wilderness and wildlife of Ghana by visiting a National Park and spend days and nights venturing in a safari environment.



# Flights





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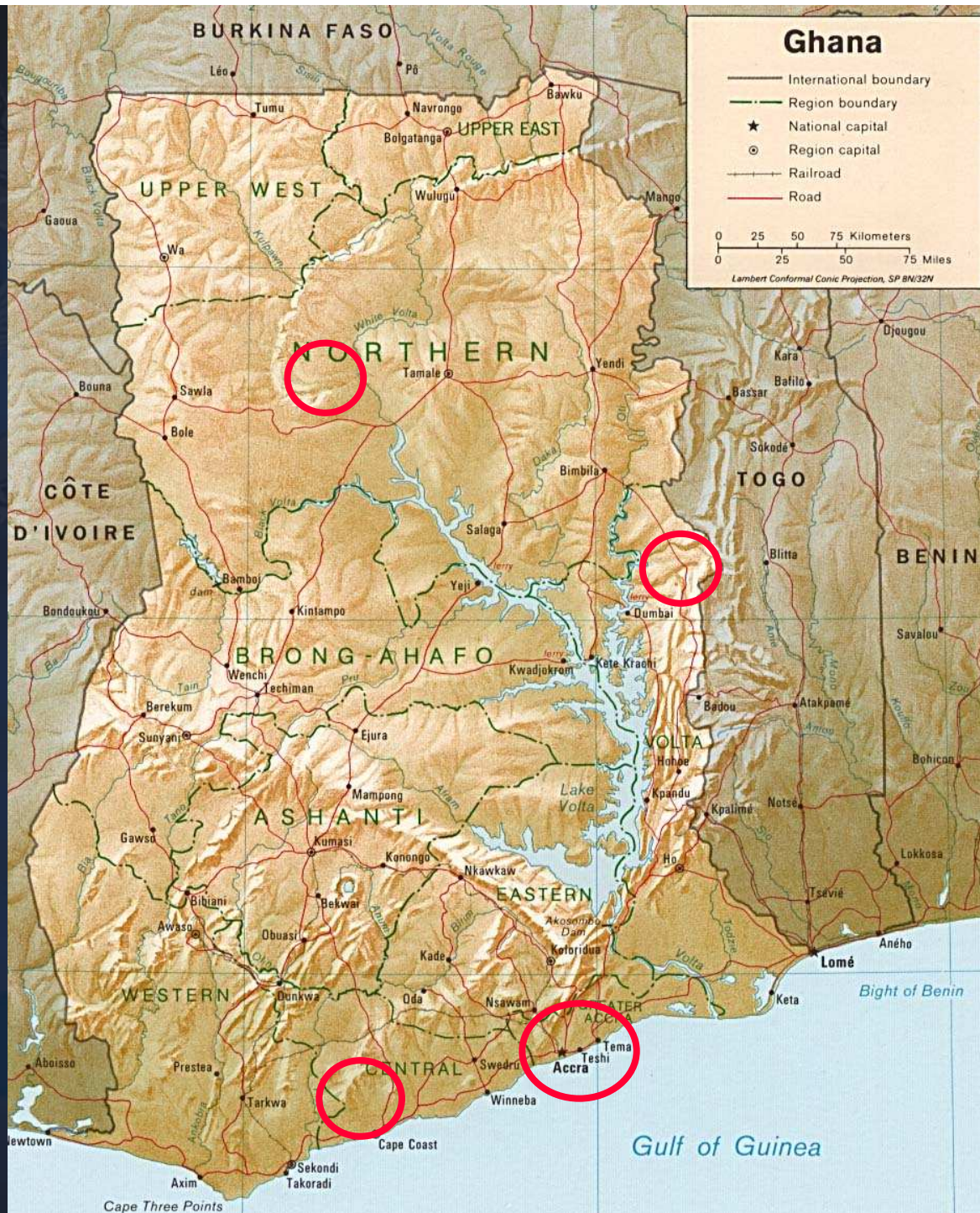


## Outbound Flights

Sun 6 July:	Depart	Aberdeen	0920hrs
Sun 6 July:	Arrive	Accra, Ghana	1815hrs

## Inbound Flights

Sun 20 July:	Depart	Accra, Ghana	2120hrs
Mon 21 July:	Arrive	Aberdeen	0840hrs





# Tour Activities



...some of the following...

- Mole National Park (big game park)
- Kakum National Park (natural rain forest & canopy walk)
- Kyabobo National Park (not yet open to tourists, community project)
- Accra city (shopping, culture, museums)
- Kumasi city & Ashanti villages (legacies of the Ashanti Kingdom)
- Kintampo Waterfalls
- Mognori Eco Village
- Buabeng-Fiema Monkey Sanctuary
- Ashanti Gold Fields
- Elmina Castle & Slave Dungeons
- Paga Crocodile Sanctuary
- Climb West Africa's Tallest Mountain
- Cape Coast
- Beaches



# Draft Timetable



Sun 6 Jul	Depart Aberdeen, arrive Accra
Mon 7 Jul	Day 1: Rest & Recce Day
Tue 8 Jul	Day 2: UNDER DEVELOPMENT
Wed 9 Jul	Day 3: UNDER DEVELOPMENT
Thu 10 Jul	Day 4: UNDER DEVELOPMENT
Fri 11 Jul	Day 5: UNDER DEVELOPMENT
Sat 12 Jul	Day 6: UNDER DEVELOPMENT
Sun 13 Jul	Day 7: UNDER DEVELOPMENT
Mon 14 Jul	Day 8: UNDER DEVELOPMENT
Tue 15 Jul	Day 9: UNDER DEVELOPMENT
Wed 16 Jul	Day 10: UNDER DEVELOPMENT
Thu 17 Jul	Day 11: UNDER DEVELOPMENT
Fri 18 Jul	Day 12: UNDER DEVELOPMENT
Sat 19 Jul	Day 13: UNDER DEVELOPMENT
Sun 20 Jul	Day 14: Last day & fly home
Mon 21 Jul	Arrive in Aberdeen





# Budget



1.	Flights, Visas & Insurance	£695.00
2.	Accommodation	£180.00
3.	Food	£150.00
4.	Tours & Travel	£235.00
5.	Equipment & Misc	£40.00
TOTAL BUDGET PER PERSON		£1300.00
Individual Contribution		£600.00
Raised to Date		£6000.00
<b><u>Remaining to be Raised</u></b>		<b><u>£8000.00</u></b>

## STAFF

1	Flt Lt	Lumsden	Bruce
2	Fg Off	Greig	Donna
3	CI	Massie	Stewart
4	CI	Sinclair	Gregory
5	CI	Whitehead	Alan

## CADETS

1	F/Sgt	Dick	Catriona
2	F/Sgt	McKenzie	Catherine
3	Sgt	Fennell	Nicholas
4	Cpl	Silvester	Paul
5	Cpl	Brown	Roy
6	Cpl	Dick	Rachel
7	Cpl	Whitehead	Stuart
8	Cdt	Nolan	Thomas
9	Cdt	Henderson	Crawford
10	Cdt	McIlraith	Calum
11	Cdt	Bland	Camille
12	Cdt	Morton	Rachel
13	Cdt	Bradbury	Kate
14	Cdt	Chalmers	Elizabeth
15	Cdt	Webster	Jack



# Vaccinations and Preventative Treatments



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## Sources of infection

- Contaminated food and water
- **Close respiratory contact**
- Dirty cuts and scratches
- **Spread through blood**
- Mosquito and animal bites

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## Vaccinations and tablets

- **Mandatory**
- **Advisory**
- **Others dependent on risks**

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# Mandatory vaccination Yellow Fever

Immunity lasts for ten years

Vaccination certificate is provided

Without certificate you will not be allowed to travel

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## Malaria tablets

- Taken before, during and after trip
- Important to complete the course
- Choice of tablets
- Possible side effects

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## Advisory vaccinations

- Diphtheria
- Poliomyelitis
- Tetanus

### Combined vaccination

Immunisation provided as part of the UK vaccination programme in a child's early years.

Booster available at school between the ages of 13 – 18.

Adults and cadets should take the vaccination if they have not been immunised in the last ten years.

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## Advisory vaccinations

- Hepatitis A
- Typhoid

Length of immunity depends vaccine and dose.

Immunity lasts for three years.

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## Optional vaccinations

- Cholera
- Hepatitis B
- Meningococcal meningitis
- Rabies
- Tuberculosis

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<b>Infection</b>	<b>Cost</b>	<b>Notes</b>
Diphtheria / Polio / Tetanus	NHS – free	May have obtained recent booster at school or obtain from your GP.
Hepatitis A	NHS – free	From your GP.
Typhoid	NHS – free	From your GP.
Yellow Fever	£47.50 (MASTA)	From a Travel Clinic for treatment, e.g. MASTA or ARI. Vaccination a minimum of 10 days before trip.
Malaria – choose from		
• Malarone (23 tablets)	£55 (Asda)	2 days before plus 7 days after.
• Doxycycline (44 tablets)	£10 (Asda)	2 days before plus 28 days after.
• Mefloquine (60 tablets)	£148 (Asda)	2 ½ weeks before plus 28 days.

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<b>Infection</b>	<b>Cost</b>	<b>Notes</b>
Cholera	£59 (Travel Clinic)	Two doses, six weeks apart.
Hepatitis B	NHS – free combined with Hepatitis A	Three month course.
Meningococcal meningitis	£35 (Travel Clinic)	
Rabies	3 x £43 (Travel Clinic)	Three doses in 28 days.
Tuberculosis	If required see your GP	Most cadets will have a BCG jab already.

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**Consult your GP as soon as possible.**

**Arrange vaccinations early to build up immunity and get over any side effects before the trip.**

**Your GP may suggest trying alternative malaria tablets to identify any side effects.**

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